Dec 1st- Dec 7th

The Underground Lou

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#113

Coco Shamell Celebrates New Location

Brows, Waxing & More

Owner Monica Shamell opened the doors to her new location of Coco Shamell, a beauty bar now located at 177 Sears Avenue in the St. Matthews area.

Coco Shamell was established during the pandemic in 2020 and focuses on face makeup including brow tint, ombre powder and combo brows, waxing, 1 on 1 courses and more.

After being let go of her corporate position Monica was forced to look inside herself to figure out what her true passion was. With a degree in Communications already, she looked into cosmetology school and enrolled into Ideal Beauty Academy and began her journey in the beauty industry.

"I could not do this without the support of those clients who have stayed with me from the beginning when I was working out of my home" Shamell stated in an interview with Kesh Love of 'Saturdays with Mikesha.'

"Today, us women are always the move to our next milestone. But when we're always busy going, time is rarely on our side". States Shamell "I'm here to help you stay ready, so you never have to get ready, by saving time in your daily routine and helping your inner beauty and confidence shine from within!"

Coco Shamell is currently looking for waxing professionals to expand the team. Hours of operation include Tuesdays and Wednesdays from 9PM-6PM, and Fridays and Saturdays from 10AM-6PM.

For more information, to book an appointment or free consultation visit www.cocoshamellbeauty.com or follow @cocoshamell.beauty on Instagram and @cocoshamellbeauty on Facebook.

Photo credit: PCI Media & Co.



What to Do in the Lou

12/3 2nd Annual Derby in December 9AM-5PM KY Derby Museum 704 Central Ave *Free entry

12/3 The Champagnery 5PM-8PM La Chase 1359 Bardstown Road 502.822.3963 *12/4 MAC Entrepreneurial Retail Academy Launch* 6PM-8PM Bates CDC 701 S. Hancock St 502.636.0573

12/3 Brainrot or Not? Raising Kids in the digital age 6:30PM Main Library 301 York Street www.lfpl.org *Free

12/3 A Nostalgic Night w/ McCaulay Culkin & Screening of 'Home Alone' 7:45PM Louisille Palace 625 S. 4th www.ticketmaster.com

12/4 Spirit of the Season: A Very Merry Night w/Makers Mark 6:30PM-8:30PM Frazier History Museum 829 W. Main Street ww.fraziermuseum.org

12/4 Sparkling Holiday Dinner 6PM-8PM The Champagnery 1764 Frankfort Ave 502.896.8050

12/4 Tis the Cuffin Season Singles Night 8PM-10PM Hauck's Corner 1000 Goss Ave 502.384.9374

12/4 Jay-Z: A Birthday Musical Tribute 10PM The Lounge 116 W. Jefferson St 12/5 Plant-Powered Plates 1PM-2:45PM Kroger 2440 Grinstead Drive www.gck.org 12/5 Ligts on Main 5PM-8PM Frazier History Museum 829 W. Main Street www.fraziermuseum.org

12/5 Martinis & Mistletoe 5PM-8PM KMAC Museum 715 W. Main St 502.589.0102 12/5 Smart Justice Advocates Monthly Community Meeting 7:15PM-8:45PM Louisville recovery Community 1700 S. 5th Street www.aclu-ky.org

12/5 Handel's Messiah NightLites 7:45PM Cathedral of the Assumption www.louisvilleorchestra.orh

12/6 KyHRC 10 Year Anniversary 'Unbound: Community' 5PM-8PM KyHRC Health & Wellness Lounge 721 S. Brook Street www.kyhrc.org

12/6 Festival of Hope 5:15PM-7:45PM 1365 Tyler Park Drive www.tylerpark.org 12/6 A Charlie Brown Christmas: Live on Stage 7:15PM The Brown Theatre 315 W. Broadway www.kentuckyperformingarts.org

12/6 Soul River Brown and the Foundation Band 9PM-1:30AM Stevie Ray's Blues Bar 230 E. Main Street www.stevieraysbluesbar.com

12/7 Adult Workshop: Mixed Media Collage 10:45AM-12:45PM Speed Art Museum 2035 S. 3rd Street www.speedmuseum.org

12/7-8 Old Louisville Holiday Home Tour 12PM-5PM Old Louisville Neighborhood 1340 S. 4th St www.oldlouisville.org

12/7 39th Annual Bardtown Road Aglow 12PM-10PM 1774 Bardstown Road www.bardstownroadaglow.org

12/7-8 Cookies w/ Captain Santa! 12:45PM-1:45PM Belle of Louisville Riverboats 401 W. River Road www.belleoflouisville.org

12/7 Pics w/Santa Paws 1PM-4PM PG&J's Dog Park Bar800Baxter Ave502.630.6350

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NOMINATIONS ARE NOW OPEN!!

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The Underground Lou

Issue #113

What to Do in the Lou (cont. from page 1)

12/7 Nutcracker in a Nutshell 2:15 PM Louisville Palace 625 S. 4th Street www.ticketmaster.com

12/7 Light Up Louisville St. Matthews 3:15PM Brown Park www.stmatthewschamber.com 1298 Browns Lane #1200

12/7 The Kentucky Gentlemen 8PM The KY Center 501 W. Main Street www.kentuckyperformimgarts.org

12/7 The Jinkx DeLa Holiday Show 8:15PM The Brown Theater 315 W. Broadway www.kentuckperformingarts.org

12/8 Country Christmas Divas Drag Brunch 11AM-3:45PM Le Moo 2300 Lexington Road www.lemoodragbrunch.com

12/8 Movement in the Museum: Pilates 12PM-1PM Speed Art Museum 2035 S. 3rd Street 502.634.2700

12/8 BYOD Rave: Bring Your Own Baby 1PM-4PM Portal Louisville 1512 Portland Ave 502.242.3437

12/8 Blippi: Join the Band Tour! 2PM Louisville Palace 625 S. 4th St www.ticketmaster.com

12/8 Samara Joy: A Joyful Holiday Feat. The McLendon Family 7:15PM The Brown Theatre 315 W. Broadway www.kentuckyperformingarts.org
12/8 Drag Queens on Ice 7:15PM Parristown 720 Brent Street www.kypride.com

Career & Training Opportunities

Paid UofL COLOR Lab Study

The COLOR Lab at UofL is investigating reactions to stress and use of stress reduction techniques for Black adults (RED Study). If you're interested in helping and receiving up to \$65 in Amazon gift cards, please see the information below.

To be eligible you must

- Be 18 years or older
- Identify as Black
- Be able to complete an in-person study at UofL

Location Part 1: Online, link below Part 2: Davidson Hall at the UofL

Compensation

- You will receive a \$15 electronic Amazon gift card for the online part of the study *Eligibility to complete the entire online portion will be based on responses to initial online items
- You will receive a \$45 Amazon gift card for completing the in person study + \$5 bonus for completing the study during your first scheduled appointment.

www.UofLcolorlab.com/RED

Digital Literacy Train the Trainer

University of Louisville: Digital Transformation Center

- Earn digital skills
- Earn \$500 stipend upon completion of program
- Learn conversational, AI, Form Data Gathering & Data Analytics
- Earn four or more micro-credentials
- Become a community trainer

For more information contact sherry.duffy@louisville.edu

NOW HIRING!!

- Sales
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- Writers
- Delivery drivers

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Mahogany Salon Now Hiring Stylist

- Open booth available
- Full or part time
- Must be licensed

Mahogany Salon at Mellwood Art Center

1860 Mellwood Ave

Contact 502.895.0123 or themahoganysalonllc@gmail.

WRBS Foundation Scholarship

Royal Blues Scholars Foundation Inc.

The 2024-2025 Royal Blue Scholars Foundation, Inc. scholarship application is now open! To apply, please send your completed application and supporting documents to baxzscholarships@gmail.com. The deadline to submit your application is January 15, 2025 at 11:59 pm EST.

If you have any questions or need assistance with the application process, please feel free to contact our Scholarship Committee at baxzscholarships@gmail.com or visit www.betaalphaxizeta.com.



PICKUP LOCATIONS

Dynamic Nutrition 1561 Bardstown Rd Xquisite Nutrition 2631 S 3rd Street Small Business Administrative 600 M. L. King Jr. Pl. Franco's 3300 Dixie Hwy

Pocket Change 1510 Crums Lane Tim Pages 2922 Taylor Blvd

AMPED 4425 Greenwood Ave
KY AAHC 1701 W. Muhammad Ali Blvd

Urban League 1535 W. Broadway

AMPED RTBI 1219 W. Jefferson Street Suite 206 Molo Village 1219 W. Jefferson Street Suite 204

The Presley Post 734 W. Main Street Suite 106
The Gruv 434 W. Market Street

Rooftop Grill 414 W. Oak Street Southern Express Soul Food 418 W. Oak Street

Roots 101: AA Museum 124 N. 1st Street House of Earlisious 4925 Poplar Level Road

W.E.B. DuBois Academy 3901 Atkinson Square Drive

SKS Accounting 812 Lyndon Lane
D'Luxe Hair & Cuts 3707 Bardstown Road

Russell Neighborhood Health Ctr 1425 W Broadway
My Hub 2900 W Broadway inside the NIA Ctr

My Hub 2900 W. Broadway inside the NIA Ctr **Nia Center** 2900 W. Broadway

Goodwill West Louisville 2820 W. Broadway Chestnut Street YMCA 930 W. Chestnut Street

Republic Bank Foundation YMCA 1720 W. Broadway **The Fish House & Grill** 2124 W. Broadway

Wing Station 2119 Crums Lane Hair La Flaire 1859 Berry Blvd

Discount Tint & Auto 1857 Berry Blvd

Wags Hair 801 W. Broadway
Mahogany Salon 1860 Mellwood Ave
Double Deuce 2529 W. Broadway

Good Vibes Smoke Shop 2710 Rockford Lane Opportunity Corner 636 S. 18th Street

Shawnee Library 3912 W. Broadway
Bates Memorial Baptist Church 620 E. Lampton
Southern Hospitality 3402 W. Broadway

Southern Hospitality 3402 W. Broadway
Health Daddy Wow 1806 Ralph Ave
Black Jockey's Lounge 630 S. 4th Street

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The Underground Lou

Light Up Park DuValle: A Festival of Holiday Cheer

Join the Park DuValle community on Saturday, December 7th, for a day filled with festive fun, delicious food, and joyful holiday traditions at the annual Light Up Park DuValle celebration. This event is packed with family-friendly activities designed to bring neighbors together and spread holiday cheer.

Start your day with a warm welcome at the Park DuValle Community Health Center from 9AM to 12PM. Enjoy a complimentary brunch while exploring an open house filled with resources and educational opportunities. It's a great way to learn more about community health and connect with local services.

The festive spirit continues from 2PM to 3:30PM at the DuValle Educational Center/Ujima Neighborhood Place located at 3610 Bohne Avenue. Engage in holiday-themed activities, including cookie decorating, writing letters to Santa, playing Christmas bingo and more. These heartwarming activities are perfect for kids and the young at heart!

Head over to the Southwick Community Center at 3621

from 3:30PM to 5:30PM for an afternoon filled with fun. Play exciting games, taste delicious food, and showcase your vocal talents with Christmas karaoke.

Cap off the day at the Park DuValle Clubhouse located at 1804 Russell Drive, with the tree lighting ceremony at 5:30PM. Join Councilwoman Tammy Hawkins and Dr. Jett, CEO of Park DuValle Community Health Center, as they flip the switch to light up the Christmas tree, signaling the official start of the holiday season.

Don't worry about transportation! Complimentary shuttles will be available throughout the day to help you travel seamlessly between event locations.

Whether you're decorating cookies, singing your favorite carols, or marveling at the glowing tree, Light Up Park DuValle is the perfect way to celebrate the season with family, friends, and neighbors. Mark your calendar and come out for a day of holiday magic!

For more information contact 502.776.4401. See you there!

Rivulet Liqueur

Celebrating 10 Years!

"We believe that our Rivulet Artisan Pecan Liqueur is best sipped and savored neat, but we also know that it mixes incredibly well in handmade cocktails. Not only does Rivulet mix well with Bourbons, Vodkas and Tequilas, but it also lends a profile all its own to other flavored spirits to create one of a kind cocktails you will suddenly love. Mixologists everywhere have created some beautiful cocktails. We hope you'll find one you love."

www.rivulet.com



- ■11/2 oz Rivulet Liqueur
- 1 oz bourbon
- 1/2 oz Campari

Glass Type: Martini Glass

Instructions:

Combine ingredients in shaker tin over ice. Shake and strain into martini glass.

Garnish:

Orange peel

Visit www.rivulet.com to order yours today!

Kentucky State University Honors Tanya Berry as 2024 Small Farmer of the Year

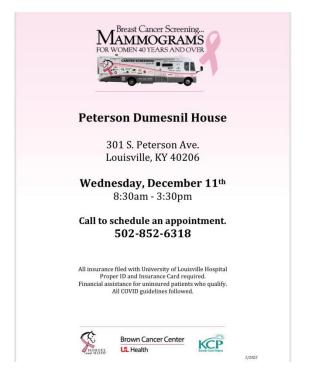
At the 2024 Kentucky Small, Limited-Resource, Minority Farmers Conference, Kentucky State University (KSU) proudly named Tanya Berry as the 2024 Small Farmer of the Year. Tanya, alongside her husband, John, owns and operates Berry Farms, a thriving greenhouse and produce store in Monticello, Kentucky. Tanya's farming journey began with a modest \$300 greenhouse, which her husband later expanded to a 50-foot structure that served them for 15 years. Over time, Berry Farms has become an essential resource for the local community, providing fresh produce and plants to an area without a grocery store for over 17 miles.

"Where we live in our community, there's no grocery store for over 17 miles east of us, and that helps our neighbors to be able to stop here and get their cucumbers for supper or get their mess of beans for Sunday dinner," Tanya shared. "I love being part of this process." John Berry shares his wife's passion for constant improvement. "My mind is probably like hers," he said. "I'm always trying to figure out how to make it better and more efficient to help it on her side of growing."

In **2020**, Tanya applied for and received a Small-Scale Farm Grant through KSU, thanks to the guidance of Danny Adams and Glen Roberts from the local KSU extension office. The grant funded the purchase of a 24x60 greenhouse, enabling the Berrys to increase their production significantly. Today, Berry Farms sells fresh produce and plants through their on-site produce store and at the Wayne County Farmer's Market, further cementing their role as a vital part of the local economy.

"They've both been doing an excellent job of farming here on two acres, putting in the store, the greenhouse, and their high tunnel," said Danny Adams. "One of the things I admire about them is, every year they want to try to do things and try to do them better." Tanya Berry's dedication to farming, her community, and continuous improvement exemplifies the spirit of small-scale agriculture. Her recognition as the 2024 Small Farmer of the Year highlights her achievements and her commitment to making fresh, local produce accessible to her neighbors.

For more information about Berry Farms or KSU's Small-Scale Farm Grant Program, visit www.kysu.edu. (502) 597-6000 Email: news@kysu.edu

























The Underground Lou



BOBEAWARDS 2024

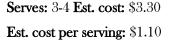
Sponsorships are available for this year's award show! Email us at info@bobeawards.com or call us at 502.878.6531. Over 1,000 black owned businesses are nominated each year! Close to 8,000 participants nominate and vote each year.

Nominations now closed! Visit <u>www.BOBEAWARDS.com</u> to keep an eye open on voting for your favorite black owned business or individual in this year's awards!



Healthy Recipes

Chickpea, Carrot, Squash & Sweet potato Bake





Ingredients:

- 2 whole carrots, diced medium
- 1 butternut squash, diced medium OR 2 cups pumpkin, diced medium OR 2 large sweet potatoes, diced large
- 2-15 oz cans Chickpeas (garbanzo beans) OR 2 ½ cups garbanzo beans, soaked overnight
- 3 tbsp cooking oil (olive oil, canola oil, ghee)
- ½ tsp sumac
- ½ tsp cumin
- ½ tsp paprika
- 2 cloves garlic, minced OR ½ tsp garlic powder
- ½ tsp black sesame seeds OR toasted sesame seeds
- ½ tsp black pepper
- ½ tsp dried thyme
- ½ tsp coriander
- ½ tsp dried oregano
- ¼ tsp salt

Optional:

- Add 1-2 sweet potatoes, diced medium.
- Replace all dry seasonings with 3 tbsp Mediterranean Za'tar Seasoning
- To taste, sea salt and black pepper

Equipment: medium bowl with lid, spoon, large baking pan, oven

Directions:

- 1. Preheat oven to 385 F and prepare a sheet tray with parchment paper and set aside.
- 2. Place all vegetables and chickpeas in a bowl and add oil and seasoning.
- 3. Thoroughly mix/toss to coat everything with oil and seasonings.
- 4. Roast for 35-45 minutes, until soft and tender.
- Remove sheet pan from oven and place on a bed of basmati rice, garlic couscous, or top with feta dip. Enjoy!

Health Benefits:

Orange Vegetables have an. abundance of carotenoids, that provide endocrine regulating activities and support the reproductive system / sacral chakra.

Squash/ Pumpkins are filled with Betacarotene – which is a precursor for Vitamin A, helps muscle growth, and prevents inflammation, supporting eye health and a healthy immune system. These can also be found in carrots, sweet potatoes, and orange squashes.

Roasted Vegetables - Squash

Nutrition Facts

Serving Size 1 Serving

Amount Per Serving

Calories 458.1

	% Daily Value*	
Total Fat	21.9 g	28 %
Saturated Fat	2.9 g	14 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	324.4 mg	14 %
Total Carbohydrate	57.8 g	21 %
Dietary Fiber	17.5 g	63 %
Total Sugars	11.5 g	
Added Sugars	0 g	0 %
Protein	13.2 g	
Vitamin D	0 mcg	0 %
Calcium	272.9 mg	21 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

904.4 mg

Horoscopes

Aquarius 1/20-2/18 You can breathe a little bit easier, because relief has arrived this week! The Star is signaling a reprieve after a period of great change or difficulty. While this turmoil has not been easy for you to go through, you have been able to endure whatever challenges life has thrown your way. What lessons have you learned? What were you able to let go of that was holding you back? How will you move forward differently? Now is the time to shed the old you, so you can emerge as the person you were meant to be.

Pisces 2/19-3/20 The Page of Pentacles represents enthusiasm for new beginnings and new ventures. This week, you are being encouraged to express your creative talents in some way. Have you been thinking about starting something but haven't taken the first steps to get it off the ground? This card wants you to take those imaginative ideas you've been toying with and start working toward manifesting them. By remaining focused and applying a strong work ethic, you give yourself the ability to turn your dreams into a reality.

Aries 3/21-4/19 Victory is yours this week! The 6 of Wands is a card of resolution and honor. It's indicating that not only have you worked hard and achieved your goals, but you're starting to gain recognition because of them. Have you gotten praise from higher ups at your company for your efforts on a project? Have you put a new health regimen into place and others are taking notice? Soak it in. You may be inclined to brush off this kind of recognition, but now is not the time to bashful. It's OK to be acknowledged for your achievements, so bask in this moment

Taurus 4/20-5/20 The Knight of Cups is a card of vision and advancement. This week, there's a possibility that you are going to receive some sort of invitation or proposal that you may not have been expecting. This card wants you to be open to this new possibility and take advantage of it, but it also wants you to exercise caution as you move forward. The Knight warns against getting too caught up in fantasies. Evaluate this situation before proceeding to ensure everything will be as you think it will be and that you will benefit from it.

Gemini 5/21-6/20 You're being encouraged to choose your battles wisely this week. The 5 of Swords signals that a conflict is currently brewing in a particular area of your life, and a confrontation could take place soon. When it does, you may be tempted to win the argument at all costs – but have you considered what those costs are? In your attempt to prove you're right, you may say or do things you regret later, as well as sabotage your relationship with the other person (or people). Before going to battle, consider how winning in the moment could lead to a long-term loss.

Cancer 6/21-7/22 The Sun is truly shining down on you this week! This card represents abundance, optimism, success, and the warmth of a happy time in your life. It may be that you've been going through a tumultuous time in your life, feeling as though there wasn't an end in sight. Well, it's always darkest before the dawn – and dawn has arrived! Through these obstacles you've learned a lot about yourself and have gained confidence from knowing that you can weather any storm. Enjoy this period of positivity because you've earned it.

Leo 7/23-8/22 You can run, but you can't hide this week! The 7 of Swords acknowledges you may be trying to avoid or escape a situation you're better off confronting head-on. Have you been putting off a tough conversation with a friend? Not yet ready to talk with your partner about where your relationship is headed? Are you letting professional tension build rather than dealing with it? Remember, dodging this issue won't make it better. In fact, it could even make it worse. The time to deal with this matter is now.

Virgo 8/23-9/22 You could be facing a major decision this week! This situation may be presenting a moral dilemma for you, and The Lovers card represents the need to develop greater clarity on what your values and beliefs are before determining how to proceed. Do you feel compelled to go a certain direction based on fears or feelings of guilt? Don't let those things become motivating factors. Instead, try to understand that every action has a reaction and decisions such as these are never easy. Stay true to yourself – you can't go wrong.

Libra 9/23-10/22 The Page of Wands wants you to embrace your more free-spirited side this week! Sometimes it's easy for us to get stuck in our routines or to keep going along with what's most comfortable for us. However, there's so much more to life left to explore! What is that you've been wanting to do but thought you couldn't? No dream is too big or small right now. When you combine your passion with your enthusiasm, the sky will truly be the limit for you. Scorpio 10/23-11/21 You may feel compelled to go above and beyond for others this week! The 6 of Pentacles is a card of generosity, charity, and giving and receiving. This could be in a literal sense, indicating that you may give someone a loan or some other kind of financial support. However, this could also be a time when you are generous in spirit, helping someone move, lending advice, or offering much-needed support to a loved one going through a tough time. Some of the most treasured gifts we give to others are free.

Sagittarius 11/22-12/21 Everything is coming up roses in your domestic world this week! The 10 of Cups is a very positive card, signifying uplifting emotions and successful relationships. You may end up spending more quality time than usual with your family, or it's possible you'll see things blossom in matters of the heart. Take the time to look around you and give thanks for all the blessings that are coming your way. It's not very often we get to float on cloud nine, so enjoy every second of it!

Capricorn 12/22-1/19 The 2 of Cups recognizes that partnership is going to be center stage for you this week. This partnership could be of the romantic variety, or it might be a something you've built with a platonic or professional ally. Even though the relationship you have with this person is still in the early stages, it has the potential to grow into something that will benefit the both of you long-term. Spend time cultivating this relationship now, while also rejoicing in the fact that your combined forces and mutual admiration will take you both far. Tarot.com

References: Recipe provided by LA Dixon, 2024







Potassium



19 %









